

Adult Education

New ~ Intro to PC's

Students will familiarize themselves with the basic components of personal computers, log on to Windows, explore the Windows interface, manage files and folders, use the common tools and programs available in Windows, and customize the Windows desktop.

Session 1: Mon., May 20 & May 27, 9:00 a.m. – 12:00 p.m.

Session 2: Mon., June 10 & June 17, 6:00 – 9:00 p.m.

Place: Computertalk, 475 Federal Road, Unit B

Fee: \$80.00/session

Microsoft Word - Level 1

Learn the basic skills needed to use this program. Copy, Cut, Paste, Save, Insert, Tables, and more will be covered. The Microsoft Office 2010 operating system will be used and all students will receive a course manual and disk.

Session 1: Monday, April 22, 9:00 a.m. – 12:00 p.m.

Session 2: Monday, May 6, 6:00 – 9:00 p.m.

Session 3: Monday, June 3, 9:00 a.m. – 12:00 p.m.

Place: Computertalk, 475 Federal Road, Unit B

Fee: \$80.00/session

Microsoft Excel - Level 1

This class is designed for individuals who have little or no experience in using a spreadsheet. Class will teach use of simple formulas, charting, fill commands, nomenclature and more. The Microsoft Office 2010 operating system will be used and all students will receive a course manual and disk.

Session 1: Tuesday, April 23, 9:00 a.m. – 12:00 p.m.

Session 2: Tuesday, May 14, 6:00 – 9:00 p.m.

Session 3: Tuesday, June 4, 9:00 a.m. – 12:00 p.m.

Place: Computertalk, 475 Federal Road, Unit B

Fee: \$80.00/session

Microsoft Excel – Level 2

Working with a fictitious company, students will learn how to work with databases and lists, use logical, financial and date functions, format worksheets, insert, move and modify objects, link worksheets with 3-D references, use excel on the web, and use and customize templates. The Microsoft Office 2010 operating system will be used and all students will receive a course manual and disk.

Session 1: Tues., April 30 & May 7, 9:00 a.m. – 12:00 p.m.

Session 2: Tues., May 21 & May 28, 6:00 – 9:00 p.m.

Session 3: Tues., June 11 & June 18, 9:00 a.m. – 12:00 p.m.

Place: Computertalk, 475 Federal Road, Unit B

Fee: \$155.00/session

Microsoft Access – Level 1

This course will center on learning the basic features of Access. We will create a database complete with tables, forms, queries, and reports. We will also use features such as wizards and design view to help us create different database objects. The Microsoft Office 2010 operating system will be used and all students will receive a course manual and disk.

Session 1: Thurs., April 25 & May 2, 6:00 – 9:00 p.m.

Session 2: Thurs., May 16 & May 23, 6:00 – 9:00 p.m.

Session 3: Thurs., June 13 & June 20, 6:00 – 9:00 p.m.

Place: Computer Talk, 475 Federal Road, Unit B

Fee: \$155.00/session

Microsoft PowerPoint - Level 1

The objective of this course is to teach you how to create a professionally designed presentation. You will learn a variety of skills that include the following: Use of the auto Content Wizard, creating a presentation from scratch, working in normal, slide sorter, and outline view, inserting specific slide types, modifying the sequence of slides, promoting and demoting text, adding speaker notes, formatting text, using master slides, using headers and footers, using bullets and more. . The Microsoft Office 2010 operating system will be used and all students will receive a course manual and disk.

Session 1: Wed., April 24 & May 1, 9:00 a.m. – 12:00 p.m.

Session 2: Wed., May 15 & May 22, 6:00 – 9:00 p.m.

Session 3: Wed., June 12 & June 19, 9:00 a.m.–12:00 p.m.

Place: Computer Talk, 475 Federal Road, Unit B

Fee: \$155.00/session

New ~ Market Update

There's a lot of uncertainty, and in an environment like this with lots of challenges and predictions, emotions and rhetoric, getting your bearings to separate truth from speculation can be difficult. This seminar will take a look at some key areas in which our perceptions of the opportunities that currently exist for investors might be out of alignment with reality.

Day: Wednesday Date: 4/10

Time: 6:00 – 7:30 p.m. Fee: \$10.00

Presenter: Brian Kelly, V.P. - American Funds

Hosted by: Helen Curtin - Edward Jones

Place: Franco's Restaurant, 265 Federal Road

New ~ Investing for Income

Join us to learn more about:

- How today's historically low yields make it difficult for investors seeking income
- Why dividend paying stocks appear attractive now
- How strong corporate balance sheets and today's historically low dividend payout ratio may support stronger dividends in the future
- How recent fund flows show that most investors aren't taking advantage of opportunities in dividend paying stocks

Day: Tuesday Date: 5/14

Time: 6:00 – 7:30 p.m. Fee: \$10.00

Presenter: Tom Shupe, Vice President - Franklin Templeton

Hosted by: Helen Curtin, Edward Jones

Place: Francos Restaurant, 265 Federal Road

New ~ Investing 101 - Understanding the Basics

Don't let the fear of the unknown prevent you from investing in your future. Whether you are new to investing or need a refresher, join us to learn more about:

- The key features of bonds, stocks and mutual funds
- The importance of asset allocation
- The impact of inflation on your long term goals

Day: Monday Date: 6/10
Time: 5:30 – 6:45 p.m. Fee: \$10.00
Place: Edward Jones, 304 Federal Road Suite 204
Instructor: Helen Curtin, Financial Advisor

Internet Marketing

How can you use the internet to spread your message? This two-part class features an overview of the foundation you need to put in place in order to use the internet effectively and how to find and engage your audience using social media and search. No advance technical knowledge required.

Day: Monday Time: 7:00 – 8:30 p.m.
Dates: 5/13 – 5/20 (2 wks) Fee: \$39.00/session
Place: Town Hall Meeting Room 129
Instructor: Laura Orban

Discover Your Constitution

Does the Constitution affect your life? You bet it does! Learn the basics of our government and arm yourself with knowledge! Take a look back at our history and renew your patriotism! And have fun doing it! Feel free to bring a snack or drink - ANY SIZE!!!

Day: Wednesday Time: 6:30 – 8:30 p.m.
Date: 4/24 (1 wk) Fee: \$10.00
Place: Town Hall Meeting Room 129
Instructor: Daryl Bologna

Healthcare One-to-One

Did you ever wish that you had a personal physician who listened to your health and pain issues and suggested real-life solutions? Dr. James Miller and Brookfield Family Chiropractic are offering a one-to-one health chat throughout April 2013--private, personal and guaranteed to supply you with useful information to assist in a healthier life. This chat is for people who don't know what to do about back and neck pain, headaches, extremity aches and pains, sports injuries, pediatrics (ear aches, colic) vertigo or pregnancy issues and other related health issues. Knowledge is power, and the knowledge you gain will be your first step toward a healthier, pain-free tomorrow! Families welcome. Register with Parks & Recreation and you will be contacted by Brookfield Family Chiropractic to set up a mutually convenient time to visit and chat with Dr. Miller.

Day: Scheduled individually Dates: April 2013
Place: Brookfield Family Chiropractic Fee: \$10.00

New ~ Dreams Do Come True!

Does your self-doubt keep you stuck? Do you believe that dreams come true for *other people*? Join Marianne Seeber, Brookfield psychotherapist, for this workshop to learn how to manifest your dreams...learn how to set achievable goals and uncover YOUR stumbling blocks and beliefs that have kept you from your dreams coming true. Register early to get a jump start on completing "homework" prior to attending the series (suggested, but NOT required).

Day: Thursday Time: 7:00 – 8:30 p.m.
Dates: 4/18 – 4/25 (2 wks) Fee: \$39.00
Place: Town Hall Meeting Room 129
Instructor: Marianne Seeber, Licensed Professional Counselor

Beginners Bridge

Participants will learn the basics of bridge. We'll begin with the counting of the points and following with the bidding and playing of the hand. Much of the time will be spent in playing actual hands.

Day: Thursday Time: 7:00 – 9:00 p.m.
Dates: 4/4 – 5/30 (7 wks) - no class 4/18, 5/16
Place: Senior Center
Instructor: Irv Agard Fee: \$63.00

iPhone Photography

The 8 megapixel iPhone 4 camera can take great pictures. And since you have it with you all the time, you will be more likely to use it than a more complicated camera. We'll spend the evening learning to really utilize the "camera" and "photos" sections of the phone, as well as test out a few useful apps. We'll also address the iPhone's limits as compared to a small digital camera or DSLR camera.

Day: Tuesday Time: 7:00 – 9:00 p.m.
Date: 5/14 (1 wk) Fee: \$25.00
Place: Town Hall Room 129 Instructor: Mary Ann Kulla

The ABC's of Photo Organizing

Are you overwhelmed with your photos? Are you not sure what to do with them? We can help! This class will help you organize, plan and give you tips to preserve your memories to pass on to your children and grandchildren. Linda and Sharon are certified photo organizers with APPO (Association of Personal Photo Organizers). Bring in a box of your photos and get started today!

Day: Tuesday Time: 7:00 – 8:30 p.m.
Date: 4/23 (1 wk) Fee: \$25.00
Place: Town Hall Meeting Room 129
Instructors: Sharon Gialo and Linda Thomas

We are pleased to be offering a variety of programs with our friends at SOUND, A Center for Music, Creative Arts & Mindfulness. SOUND is located in the historic Hawleyville Chapel, just over the Brookfield/Newtown border at 31 Hawleyville Road in Newtown. For information about other classes available or to learn more about their instructors, we encourage you to visit their website at www.soundcenterarts.com.

New ~ SpiritualiTea: Poetry for Healing

Learn how to heal yourself and find your right path in life through meditation, poetry, and writing for self-discovery. We will be exploring the wise words of renowned poets such as David Whyte, Mary Oliver, Naomi Shihab-Nye, and John O'Donohue in a quest to return to our true selves. Using their inspiring words and ideas, we will write on specific topics such as releasing fear and following our hearts. No writing experience or knowledge of poetry needed! This workshop series will teach you the power of words to transform your life.

Day: Thursday Time: 7:30 – 8:30 p.m.

Dates: 4/4 – 5/2 (5 wks) Fee: \$77.00

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Shannon Marzella

New ~ Mindfulness Meditation

Do you want to live a more engaged and balanced life? There is a way of being and doing that allows you to live life more fully through the practice of mindfulness. Mindfulness is a human quality, a way of learning to pay wise attention to what is happening in the present moment, with non-judgmental awareness. *Mindfulness Based Stress Reduction* (MBSR) developed by Jon Kabat-Zinn, Ph.D., at the University of Massachusetts Medical Center is an evidence-based, structured complementary medicine and wellness program that uses mindfulness as a way of learning to tap into your inner resources, empowering you to respond rather than react to stress, pain and illness.

Day: Monday Time: 7:00 – 8:30 p.m.

Dates: 4/1 – 5/20 (8 wks) and May 11 (6 hour retreat)

Instructor: Sheila Wall Fee: \$295.00

Place: SOUND, 31 Hawleyville Road, Newtown

New ~ Sound Healing Circle

Come and let your mind, body and soul have a sonic bath! You will be gently guided into deep relaxation with a guided meditation and the sounds of Tibetan singing bowls. Let yourself be led home with these ancient beautiful sounds. Please bring a mat to lay on. Please pre-register with Parks & Rec. to reserve your space, payment is by donation at the door.

Day: Tuesday Time: 7:30 – 8:30 p.m.

Date: 4/2 (1 wk) Fee: By Donation

Instructor: Sound Healing Practitioner Jennifer Zulli

Place: SOUND, 31 Hawleyville Road, Newtown

New ~ Psychic Development for Beginners

In this 6 week class you will learn to develop your intuitive ability to see auras, spirits, and the universal energy surrounding us all. You will be introduced to channeling energy with intuitive drawing and accessing the realms of the past and present while connecting with your spirit guides. You will also learn to increase the ability to access your higher expanded self on demand and use your intuition/psychic senses in your everyday life. No experience is necessary! The class is taught by psychic medium, author, and psychic development coach Rachel Andrews

Day: Sunday Time: 1:00 – 2:00 p.m.

Dates: 4/7 – 5/19 (6 wks)-no class 4/14

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor: Rachel Andrews Fee: \$97.00

New ~ Circle of Friends

Enter the renewal and rebirth of spring with others also interested in energy work. The Circle of Friends workshop incorporates meditation, discussion and the giving and receiving of energy healing to foster connection and camaraderie. Come join like-minded people as we enter the time of universal healing. This workshop is facilitated by certified Reiki Masters and Rising Star Practitioners.

Day: Thursday Time: 9:30 – 11:00 a.m.

Dates: 4/4 – 5/16 (6 wks) – no class 4/18

Place: SOUND, 31 Hawleyville Road, Newtown

Instructors: June Fagen & Tracy Mignone

Fee: \$95.00

Mediterranean Vegetable Cooking 101

Everyone knows that the heart-friendly “Mediterranean Diet” is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Participants will spend time learning how to select and prepare ingredients and the different cooking techniques used with those ingredients. Classes will be conducted as a combination demonstration and hands-on workshop. Each night you’ll make and sample three recipes featuring the vegetable of the week (zucchini, peppers, eggplant, and escarole) and you’ll leave with handouts of the recipes and other helpful hints. Instructor Ann Salinger’s first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge and enthusiasm for cooking with friends and students.

Day: Monday Time: 6:30 – 8:30 p.m.

Dates: 4/22 – 5/13 (4 wks) Fee: \$82.00

Place: BHS Culinary Arts Room #204

Mediterranean Vegetable Cooking 201

This program will elaborate on the skills learned in Cooking 101 as participants prepare three recipes each evening using a variety of different vegetables. In order to participate in this session, you must have already taken Cooking 101.

Day: Wednesday Time: 6:30 – 8:30 p.m.

Dates: 4/24 – 5/15 (4 wks) Fee: \$82.00

Place: BHS Culinary Arts Room #204

Red Cross CPR/AED for Lay Responders

This course covers CPR for adults, infants and children in an approach that complements adult learning styles, featuring hands-on practice and real life scenarios. Additionally, this course also includes training in using an automated external defibrillator (AED) on a victim of sudden cardiac arrest. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes two year Red Cross certification.

Day: Sunday Time: 12:00 – 4:00 p.m.

Date: 4/7 Fee: \$50.00

Place: Town Hall Meeting Room

Instructor: Jerry Kochman

Red Cross First Aid for Lay Responders

Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries and more. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes Red Cross certification.

Day: Sunday Time: 12:00 – 4:00 p.m.

Date: 4/28 Fee: \$50.00

Place: Town Hall Meeting Room

Instructor: Jerry Kochman

Red Cross CPR/First Aid Re-Certification

This course provides individuals with the opportunity to review course content and practice skills before taking a written exam and performing skills for evaluation. Includes Red Cross certification following successful completion. Register for either CPR, First Aid or both.

Day: Sunday Time: 10:00 a.m. – 12:00 p.m.

Dates: 4/7 or 4/28 (1 wk) Instructor: Jerry Kochman

Fee: \$35 for first certification, \$50 for two or more

Place: Town Hall Meeting Room

D.E.E.P. Boating Safety Course

Students of all ages successfully completing this course will satisfy the education requirements for the Connecticut State Boating Certificate, required for anyone who operates a boat. **Participants must attend all four classes in the same session.** Adults must present a picture id (driver's license) at the first class. All children who do not have a picture id must be identified by their parent at the first class. Children under age 12 must be accompanied by a parent. (No charge for the parent to attend if not seeking certification.) There is an additional \$50 license fee to the State, which you will pay online after successful completion of the class.

Session 1:

Day: Tuesday and Thursday (twice a week for 2 weeks)

Time: 7:00 - 9:30 p.m.

Dates: 4/2, 4/4, 4/9, 4/11 (4 classes)

Place: WMS Seminar Rm. Fee: \$20.00

Session 2:

Day: Monday and Wednesday (twice a week for 2 weeks)

Time: 7:00 - 9:30 p.m.

Dates: 5/6, 5/8, 5/13, 5/15 (4 classes)

Place: WMS Seminar Rm. Fee: \$20.00

Decorative Arts

Watercolor for Adults

Whether you are an artist just starting out or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white

then in color. Please ask for a materials list when registering (approximate cost \$80).

Day: Thursday Time: 6:00 – 8:00 p.m.

Session 1: 4/11 – 5/30 (8 wks)

Session 2: 6/13 – 8/8 (8 wks) – no class 7/4

Place: Town Hall Room 119 Fee: \$88.00/session

Instructor: Victoria Lange

Beginning Sewing

Have you ever wanted to learn how to sew? Here's your chance in this program for students with little or no sewing background. The first class will meet at Jo-Ann Fabrics in Brookfield (143 Federal Road) where the instructor will help you pick out a pattern and the materials that you will need for the project that you'd like to complete. Over the next five weeks you'll be walked through the steps to complete your project, including how to read a pattern and how to use a sewing machine. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. Class size is limited to 5 for lots of individual attention.

Day: Tuesday Time: 6:00 – 8:00 p.m.

Dates: 4/23 – 5/28 (6 wks)

Place: WMS Room 1515 Instructor: Karen Ryavec

Fee: \$90.00

New ~ Speed Scrap a Themed Album

Would you love to create a wedding, baby or pet scrapbook album, but don't have the time or patience to make it, or the supplies or the tools you'll need? In this scrapbooking class we'll help you create a themed-album from start to finish. You'll learn what makes a scrapbook archival and much more than a photo album along with lots of tips and tricks. Bring a minimum of twelve pictures on one theme and your questions. There will be no pressure to buy any scrapbooking products – just come and enjoy the process and finished product! Meet at Jo-Ann Fabrics (by the pattern table) for our first class and our instructor will help you pick out the supplies that you'll need and lend her opinion on how to best coordinate materials. You will need to purchase your own materials that evening and will spend approximately \$50.00.

Day: Thursday Time: 7:00 – 9:00 p.m.

Dates: 4/25 - 5/23 (5 wks) Fee: \$59.00

Place: Center School Cafeteria

Instructor: Laura Pizzirusso

Adult Fitness

Train for a 5K

Are you interested in running a 5K road race (3.1 miles)? Are you a walker who would like to try running? Are you a runner interested in improving your times? Are you looking for an activity to do with your children? Come join Cassie Dunn in a group setting, for a series of training runs at the Brookfield High School track. We will train together on Saturdays (each person going at their own pace) and then each participant will be given an individualized workout schedule to follow during the week. Each week you will be given new workouts as you progress. Come dressed to run and bring a water bottle. This program will meet for six weeks, culminating in the Mother's Day 5K on Sunday, May 12, 2013. (Race registration is included in the fee.) All fitness levels are welcome! Come try a great sport, get fit and make some new

friends! Cassie Dunn, the former BHS cross-country and track coach, lives in Brookfield. She is a NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.

Day: Saturday Time 8:00 – 9:00 a.m.

Dates: 4/6 – 5/12 (6 wks)

Place: Brookfield High School Track

Fee: \$70.00

New ~ How to Create and Maintain a Fitness Plan

There is so much information on health and fitness today, that it can become very confusing. Having a specific training plan is very important, otherwise going to the gym can be frustrating and inefficient. How do you know what you should be doing? All cardiovascular exercise, (walking, running, elliptical training, etc.) or strength training with machines, or free weights, spin class or pilates? Just thinking about it can stop you from going to the gym. Come to a free lecture and learn how to design a fitness plan that will work for YOU. Learn how to develop a strategy to get you into the gym, or outside, and keep you going back until you reach your goals. Join Cassie Dunn, a NASM Certified Personal Trainer, and learn how fitness can fit into your life and work for you. Please pre-register by calling Parks & Rec. at 775-7310.

Day: Wednesday Time: 7:00 p.m.

Date: 4/17 (1 wk) Fee: Free

Place: No Limit Health and Fitness, 1120 Federal Road

Zumba

Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Day: Monday Time: 7:00 – 8:00 p.m.

Dates: 4/22 – 6/17 (8 wks) – no class 5/27

Place: Center School Gym Fee: \$75.00

Instructor: Dolly Pinto

Tai Chi for Beginners

Tai Chi is practiced for health and self-defense. The slow, gradual movements help reduce stress, promote longevity and increase balance and core strength. The Wu style Tai Chi will be introduced, which has 30 groups of movements and takes eight minutes to perform once learned. Please wear flat soled shoes and loose, comfortable clothing.

Day: Sunday Time: 11:00 a.m. – 12:30 p.m.

Dates: 4/21 – 6/16 (8 wks) – no class 5/26

Place: Trainwithsmith, 461B Danbury Road, New Milford

Instructor: Vincent Candela Fee: \$79.00

Yogalates

A hybrid of yoga and Pilates, Yogalates will give you the best of both techniques. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance. This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 7:00 – 8:00 p.m.
Dates: 4/23 – 6/11 (8 wks)
Place: Center School Gym Instructor: Phyllis Babuini
Fee: \$75.00

New ~ Goddess Bellydance

No dance experience necessary! ALL women age 18 and up are invited to unlock the mystery and secrets of this ancient feminine dance. Bellydance will guide you in exploring your sensual, powerful and beautiful self and will enable you to embrace the amazing woman living within yourself. The movements are simple and gentle on your body, while they tone and build strength and health (by aligning your pelvis and back correctly, and building your core strength). Beautiful movements, divinely inspired music, colorful coin belts and silk scarves (both provided) combine to create a class that will leave you feeling as if you have gone on a vacation to an exotic world.

Day: Wednesday Time: 7:30 - 8:30 p.m.
Dates: 4/3 – 5/1 (5 wks) Fee: \$75.00
Place: SOUND, 31 Hawleyville Road, Newtown
Instructor: Kristie Liotta

The Fit Female Challenge

8 WEEK PROGRAM, UNLIMITED CLASSES! LOSE FAT AND INCHES! GUARANTEED RESULTS! Watch your body change as you lose fat and inches. For 8 weeks, you MUST take a minimum of 4 classes per week. You can take any 4 classes that you choose and as many additional classes as you would like. A record will be kept of your classes. You will be weighed and measured before your first class. A nutrition plan will be recommended for you. At the end of 8 weeks, you will be weighed and measured again.

We are so confident that you will be successful, that, if you HAVEN'T lost fat and inches, you will be given a 3 month, VIP membership to NO LIMIT HEALTH & FITNESS. Register no later than Friday, April 5 and to begin the week of April 8.

Fee: \$199.00
Place: No Limit Health & Fitness, 1120 Federal Rd.

Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light dumb bells, rings and bands for a total body workout. It is an excellent workout for beginner exercisers through advanced participants. Master instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. All fitness levels are welcome and encouraged! Watch your body change! BABYSITTING AVAILABLE! Register for a session and receive a free single class pass at No Limit.

Day: Tuesday Time: 9:15 – 10:15 a.m.
Dates: 4/9 – 5/28 (8 wks) Fee: \$90.00/session
Place: No Limit Health & Fitness, 1120 Federal Rd.

Abi's Bootcamp

Are you interested in a demanding workout? Do you want to really challenge yourself? Then this workout is for you! Come join Abi Scudder indoors and outside (weather permitting) for an hour to challenge your entire body. Pull-ups, push-ups, squats, lunges, sprints, drills and core work are just an example of what you will experience. Abi will help push your fitness to the next level. BABYSITTING AVAILABLE with an advanced reservation! Register for a session and receive a free single class pass at No Limit.

Day: Friday Time: 9:15 – 10:00 a.m.
Dates: 4/12 – 5/31 (8 wks) Fee: \$90.00
Instructor: Abi Scudder
Place: NO LIMIT Health and Fitness, 1120 Federal Rd

Training Power Hour

This class is like having a personal trainer for 1 hour!!! For women who want a TOTAL body workout. In this class you will burn calories, while firming, shaping and toning, the arms, back, chest, shoulders, legs, glutes and abs. Learn proper form and technique, and obtain your best body possible, by using hand held weights, bands, steps, balls and more. No two classes are the same!!! For people of all physical levels, this class will challenge the beginner AND advanced student. A fun class, with individual attention, that will get you results! Class includes a warm up, cool down and stretching. Bring water and a towel. BABYSITTING AVAILABLE with an advanced reservation! Register for a session and receive a free single class pass at No Limit.

Day: Thursday Time: 9:00 – 10:00 a.m.
Dates: 4/11 – 5/30 (8 wks) Fee: \$90.00
Place: NO LIMIT Health and Fitness, 1120 Federal Road

New ~ Self-Defense for Women

Women age 18 and over will learn potentially life saving techniques to avoid and/or escape an attack or assault. Instructor Clinton Murphy is a 5th degree blackbelt in Kun Tao and specializes in practical self-defense.

Day: Wednesday Time: 7:00 – 8:00 p.m.
Dates: 5/1 – 5/22 (4 wks) Fee: \$50.00
Place: Academy of Fighting Arts, 457 Federal Rd. Unit C

Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of your life! Regardless of your age, fitness level or experience – you will LOVE this!

Choose any class on any day April 8 through June 1 for unlimited spinning for \$90.00.

Just pre-register for each class at NO LIMIT Health and Fitness (775-8548). BABYSITTING AVAILABLE! NO LIMIT Health and Fitness is located at 1120 Federal Road, Brookfield and is the site for all of our cycling classes.

Choose from any of the following class sessions:

Monday, 9:30 – 10:30 a.m.
Tuesday, 6:30 – 7:30 p.m.
Wednesday, 9:30 – 10:30 a.m.
Thursday, 6:30 – 7:30 p.m.
Saturday, 9:15 – 10:15 a.m.

Men's Softball League

Interested teams should attend the next meeting on Thursday, April 11, 7:00 p.m. in Room 135 of Town Hall. Interested individuals who are looking to be placed on a team should also attend the April 11 meeting. Interested teams or individuals who cannot attend the scheduled meeting should contact League Director Jason Maxwell before April 11 at jamaxwell@hotmail.com.

Tennis partner, anyone?

We have had requests from several residents who are looking for additional people to play. If you are interested in being contacted by other residents who enjoy tennis or would like to contact others, please email Donna Korb, Administrative Assistant at dkorb@brookfieldct.gov by May 1. She may also be reached by phone at 775-7310.

Please include your name and preferred method of contact (including phone number or email address). It would also be helpful if you noted whether you prefer singles or doubles as well as your approximate playing level if known. We will be compiling a list to distribute to all who responded in mid-May.

NEW ~ Paddling Partners

We've heard from several people over the years that they would go canoeing or kayaking more often, if only they had someone to go with them. If you are interested in being contacted by or contacting others who share your enjoyment of paddling please email Donna Korb, Administrative Assistant at dkorb@brookfieldct.gov by May 1.

Please include your name, preferred method of contact (phone or email), canoe or kayak (or both) and if you have equipment to share with others. We will be compiling a list to distribute to all who responded in mid-May.

Adult Beginner Tennis Lessons

This class is designed for the beginner adult who has never really played much tennis but wants to learn. We will cover the basic strokes in tennis: forehand, backhand, volley, serve, overhead and lob. In addition, you will learn basic USTA rules of the game, how to play the game, and keep score. Please wear a good pair of sneakers, and bring a racquet whose grip fits comfortably in your hand, sunscreen and plenty of water. (We do have a few racquets if you do not have one.) Hats and sunglasses and a water bottle are suggested.

Day: Saturday Time: 8:30 - 9:30 a.m.
Session 1: 6/15 – 7/6 (4 wks) Fee: \$44.00/session
Session 2: 7/20 – 8/10 (4 wks) Place: BHS Tennis Courts
Instructor: Elaine Gregory, BHS Girls' Coach

Tennis, too

This class is for the adult tennis player who wants to take the next step beyond the beginner level. This class will focus on better execution of strokes and serve, game strategy and play, as well as tennis rules and match scoring. This class will include drills and game play.

Day: Tuesday Time: 6:30 -7:30 p.m.
Dates: 6/25 – 7/30 (6 wks) Fee: \$66.00
Place: BHS Tennis Courts Instructor: Elaine Gregory

New ~ Yoga Basics

The perfect class series for absolute beginners! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary!

Day: Monday Time: 7:30 p.m. - 8:45 p.m.

Dates: 4/22 – 5/20 (5 wks) Fee: \$75

Place: YogaSpace, 777 Federal Rd., 2nd floor

Instructor: YogaSpace Instructors

New ~ Tai Chi Fusion

This class combines the principals & practices of Tai Chi (moving meditation) and Chi Gong (flowing energy) to restore or maintain a healthy body, mind and spirit. You'll learn practices that circulate "Chi", or life-force energy, throughout the entire body – reducing stress & pain, lowering blood pressure and improving immune function and vitality! The class will include partner activities, health exercises and the Tai Chi Form– a gentle yet profound alchemy that is appropriate for all bodies and levels of experience.

Day: Thursday Time: 7:30 p.m. - 8:45 p.m.

Dates: 4/25 – 5/23 (5 wks) Fee: \$75.00

Place: YogaSpace, 777 Federal Rd., 2nd floor

Instructor: Kenneth Hoffman, L. Ac.

New ~ Yoga by the Beach

Have you ever wanted to do yoga out in the open air? Come join an all levels vinyasa style yoga practice and build strength, flexibility and peace of mind. Please wear comfortable clothing and bring your own yoga mat.

There is no charge but pre-registration is required. The Town Park will only be open for this program, which will take place on the basketball court.

Day: Friday Time: 9:00 – 10:00 a.m.

Dates: 7/12 – 8/2 (4 wks) Place: Town Park Beach

Instructor: Alison DiPinto Fee: Free

Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. April classes meet 6:00 – 7:00 p.m. May through August classes meet 6:30–7:30 p.m.

April: 4/3, 4/10, 4/17, 4/24 (Wednesdays)

May: 5/7, 5/14, 5/21, 5/28 (Tuesdays)

June: 6/3, 6/10, 6/17, 6/24 (Mondays)

July: 7/3, 7/10, 7/17, 7/24 (Wednesdays)

Aug: 8/1, 8/8, 8/15, 8/22 (Thursdays)

Women Only Classes (Beginner)

April: 4/4, 4/11, 4/18, 4/25 (Thursdays)

May: 5/8, 5/15, 5/22, 5/29 (Wednesdays)

June: 6/6, 6/13, 6/20, 6/27 (Thursdays)

July: 7/2, 7/9, 7/16, 7/23 (Tuesdays)

Aug: 8/5, 8/12, 8/19, 8/26 (Mondays)

Adult Intermediate

May: 5/9, 5/16, 5/23, 5/30 (Thursdays)

June: 6/5, 6/12, 6/19, 6/26 (Wednesdays)

July: 7/1, 7/8, 7/15, 7/22 (Mondays)

Aug: 8/6, 8/13, 8/20, 8/27 (Tuesdays)

Senior Golf League – 55+

This golf league entering its fourth season provides men and women age 55 and over the opportunity to have fun playing with friends old and new at Sunset Hill Golf Course in Brookfield. Expected start date of Tuesday, May 7 with play continuing on Tuesday mornings through late October/early November (weather permitting). Rotating foursomes and a variety of formats will keep play fresh all season. Choice of playing 9 or 18 holes with or without cart (fees vary per week depending on option selected and ranged from \$10 – \$30 in 2012.) League entry fee of \$15.00 to Parks & Recreation due before you will be scheduled and must be paid 1 week before your first match. To download a flyer with complete details please visit our website at www.brookfieldct.gov/rec or call Parks & Recreation at 775-7310 and we will be happy to mail, email or fax you a copy.